



**USER
MANUAL
CRONOX
FORCE PLATES**





Contents

- Important precautions
- Before you start
- Parts identification
- Assembly
- Your first CMJ jump
- CMJ analysis and saving data
- Your first isometric test
- Isometric test analysis and saving data
- Troubleshooting



Important precautions

To reduce the risk of injury and damage, read all important precautions and instructions in this manual before using your Cronox. Cronox assumes no liability for personal injury or property damage resulting from the use of this product.

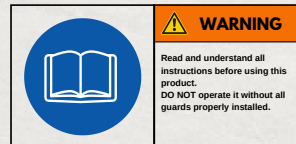
1. It is the owner's responsibility to ensure that all users of the platforms are properly informed of all precautions.
2. Use the platforms only as described in this manual.
3. The platforms are intended for training use only. Do not use them in a commercial, racing, or competition environment.
4. Do not get the platforms wet. Keep them away from moisture and dust.
5. Avoid placing the platforms under direct, intense sunlight. Temperature changes greatly affect the accuracy of the measurements.



**Not water
resistant**



**Not impact
resistant**





Before you start

Thank you for choosing Cronox force platforms. This product offers impressive features designed to make your training more effective, accurate, and thoroughly tracked.

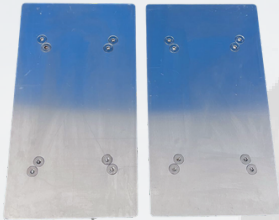
For your benefit, please read this manual carefully before using the force platforms. If you have any questions after reading this manual, please refer to the back cover.

Before continuing, familiarize yourself with the parts labeled below.





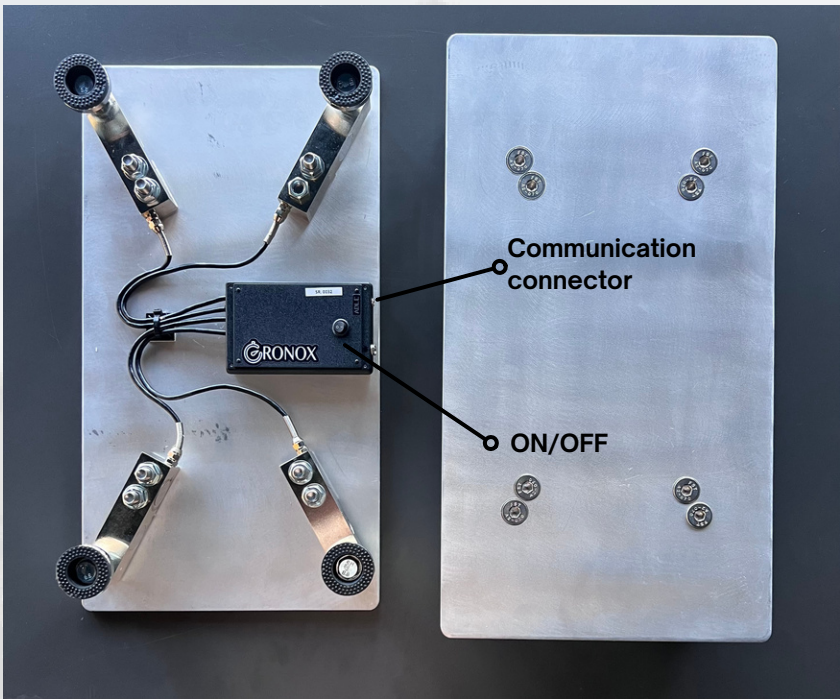
Parts identification

	
Force platforms	Carrying case
	
Charging cable	Communication cable



Assembly

1. Identify the left and right platform; they are not interchangeable.
2. Using the communication cable, insert the jack connector to join both platforms. This cable synchronizes the sampling timing between both platforms (L/R).



Note: For a more accurate measurement, it is important to adjust the legs so there is no instability. It is also important to take measurements on a firm floor.



App and first use

Download the app from the app store

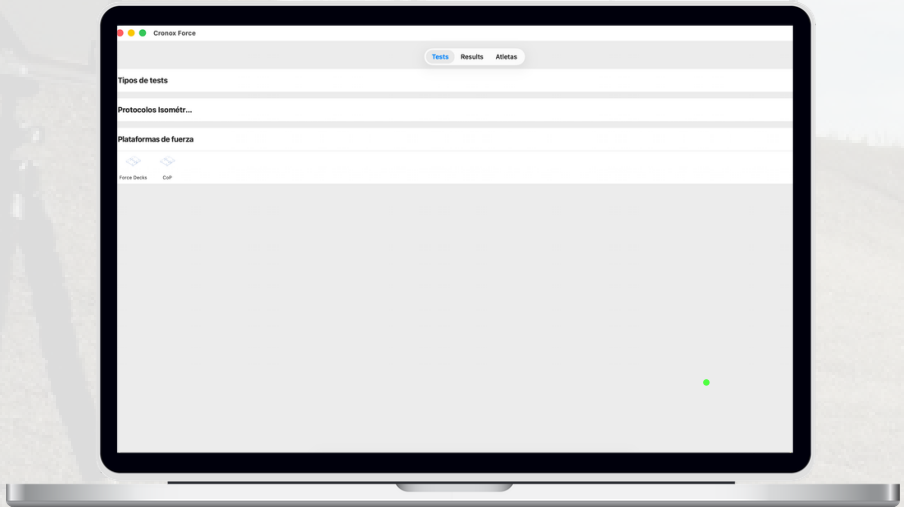
You can download the app at the following link:



Cronox Force:

apps.apple.com/cronox-force/

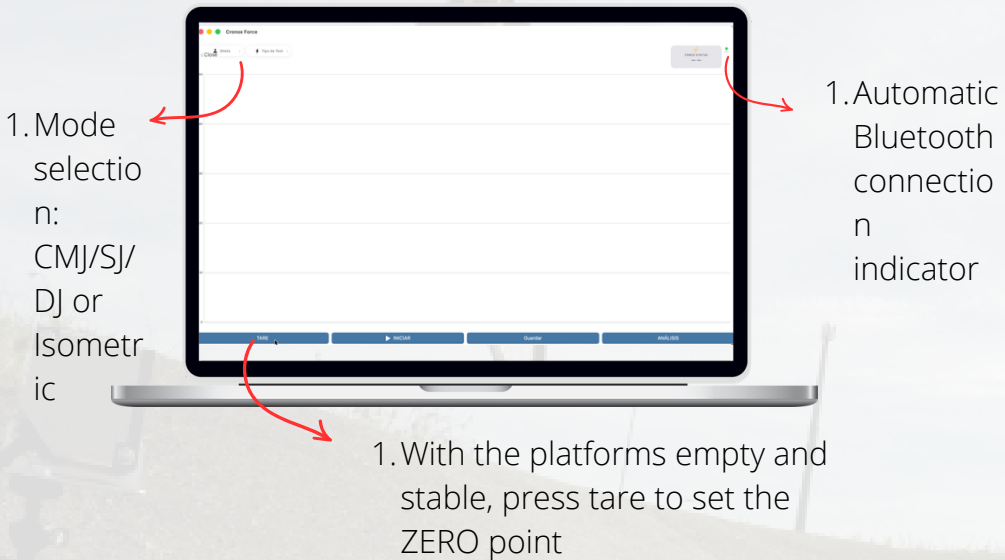
- 1.2. Create an account with your email address
- 1.3. Grant permission for Bluetooth communication



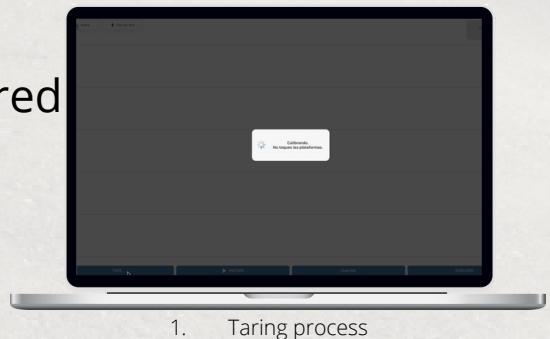


Your first CMJ

1.1. Within the 'Force Platforms' section select 'Force Decks' to run your first test. This screen lets you measure both jumps and isometric tests.



1.2. Once the platforms are tared and zeroed, the athlete can step onto them.





- 1.3. The first step is weighing the athlete. After two seconds in a stable position, the weight indicator will turn green and the athlete can proceed with the test.



4. Perform the jump! Land on the platform for automatic detection.





Save the results

1. Once data collection has stopped — the athlete can perform several jumps in a row — to view the results the user must tap 'ANALYSIS'



Save button



Note: An internet connection is required to save the results. Make sure the save button turns green, which indicates that all data has been stored correctly.

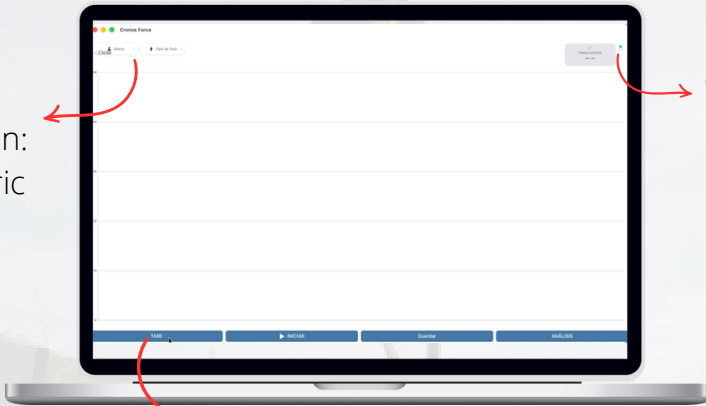
You can view this saved graph from the results section.



Your first isometric test

1. Within the 'Force Platforms' section select 'Force Decks' to run your first test. This screen lets you measure both jumps and isometric tests.

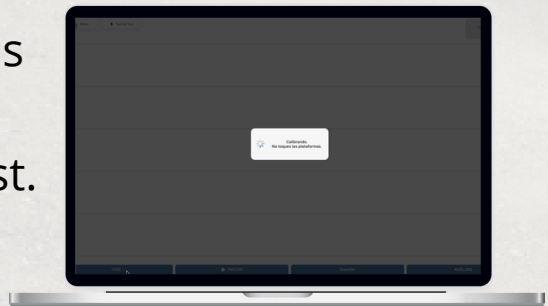
Mode selection:
Isometric



1. Automatic
Bluetooth
connection
indicator

1. With the platforms empty and stable, press tare to set the ZERO point

2. Once the platforms are tared, we'll continue with the test.



1. Taring process



3. Set a detection threshold. Efforts will be analyzed starting from this line.

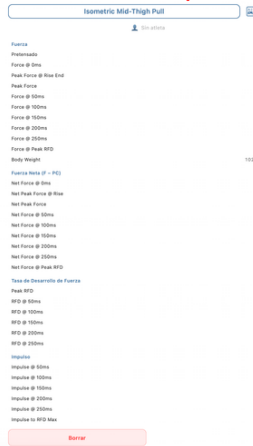


For isometric exercises where the athlete is on the platform, the threshold should be set 10-20% above their body weight.

This adjustment can be made once the athlete is on the platform



Select the test type before saving.





Troubleshooting



The Bluetooth connection doesn't work.

- Make sure the right platform is switched on (switch set to ON).
- Make sure the platform has enough battery. If in doubt, connect the platform to the charging port via USB.
- Go to Settings/Apps/Cronox Force/Permissions and check that no permissions are denied.
- Check that Bluetooth is turned ON on your smartphone.
- Try turning the force platforms off, closing the App, and starting again.
- Check that you have the latest version of the Cronox Force App.



The left platform's graph doesn't appear on screen

- Check the battery level of both platforms. If in doubt, connect the platforms to the charging port via USB.
- Make sure both the right and left platforms are switched on (switch set to ON).
- Check that the communication cable is properly plugged into both platforms.
- Try turning off both platforms, then turn on the right one first, followed by the left one.



3-YEAR WARRANTY

- If after carefully reading each page of this manual you are still experiencing issues, please contact us at info@cronox-sports.com stating:
-
- Order number
- Cronox device
- Explanation of the issues you are experiencing
- Videos as evidence

Find us!



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Cronox Sports



<https://cronox-sports.com>